

Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month. ADHD is a treatable, neurodevelopmental disorder that may be displayed as hyperactivity, easily distracted, or impulsive behaviors. ADHD can affect children, teenagers and adults. If you notice that you or a family member displays some or all symptoms of ADHD, it is important to schedule an appointment with a well-qualified provider who will determine if they have ADHD or perhaps another disorder. Parents raising children or teens that have been diagnosed with ADHD can find it challenging to find the right treatment and the skills needed to manage the behavior(s). For some, finding the right medication may be all that is needed. However, for others they may need a combination of medication and therapy. Everyone's needs and responses to treatment are different, so it is important to work with your primary care provider to find the right combination of treatment(s). In addition, it can be helpful for parents and caregivers to attend counseling sessions, where they can learn various techniques to assist with behavior disruptions.



Adults that are managing their own ADHD can improve their symptoms by taking the right medication. These medications are used to assist with organizing your life to make things easier. It is also recommended that you plan your activities in advance so that you can manage restlessness, for example, taking notes in a meeting to keep yourself busy.

You can find more helpful tips and resources on the [ComPsych® GuidanceResources®](#) page and [Behavioral Health/Emotional Wellbeing](#) page (under Aetna Resources and Highmark Delaware Resources).

New Hearing Loss Resources Page

Hearing loss can be stressful and affects people of all ages. Factors such as aging, noise, disease, and heredity can contribute to hearing loss. Employees can learn more about [hearing loss and view resources](#) for prevention, treatments and hearing care discounts that are offered through the State of Delaware.

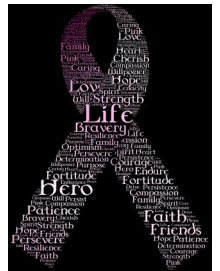


SurgeryPlus

Individuals enrolled in a State of Delaware Aetna or Highmark Delaware non-Medicare health plan are automatically enrolled in this **FREE** benefit. [SurgeryPlus](#) provides an alternative to using your health plan for a planned surgical procedure that is not an emergency. Members will not have to pay a copay, deductible, or coinsurance for any services through SurgeryPlus. In addition, it comes with a concierge service (Care Advocate), travel benefits, and financial incentives! Single Sign-On (SSO) access for SurgeryPlus is *now* available in [Employee Self Service](#) through my.delaware.gov. Navigation once logged in to my.delaware.gov: Employee Self Service > Benefits > Benefit Websites. Here you can learn more about SurgeryPlus and contact a Care Advocate to see if this service is right for your non-emergent surgery.

Breast Cancer Awareness

During October we rally for the people we love who may be survivors or newly diagnosed cancer patients. We would like to remind you that your routine mammogram could turn out to be the most important healthcare visit you get each year. A mammogram can alert your healthcare provider of any concerns, and if caught early, you may have access to more treatment options. It is important to know that some patients develop symptoms while others may not until the disease has progressed. Here are some helpful tips to follow:



- Complete monthly self-breast exams
- Know your family history
- Exercise at least 30 minutes a day
- Stop smoking
- Maintain a healthy weight
- Limit your alcohol
- Discuss your mammogram options with your provider

Visit the [Cancer Resources](#) page on the SBO website for more information.

CVS Caremark



Individuals enrolled in a State of Delaware non-Medicare health plan, administered by Highmark Delaware or Aetna, are automatically enrolled in the

State of Delaware prescription plan. [CVS Caremark](#) is the prescription plan provider and offers an Automatic Refill and Renewal program for home delivery, CVS Pharmacy Pickup and Delivery Options, CVS Specialty Pharmacy and over 66,000 pharmacies are available under the CVS Caremark network. Single Sign-On (SSO) access for CVS Caremark is *now* available in [Employee Self Service](#) through my.delaware.gov. Navigation once logged in to my.delaware.gov: Employee Self Service > Benefits > Benefit Websites. Here you can manage your prescription refills, view the order status, review the plan benefits, access health resources, and more.

Upcoming Webinars and Classes

Aetna offers monthly [webinars](#) that employees, pensioners and their family members can attend, regardless of enrollment in a State health plan. There is no need to register, simply click a link below to attend.

- Understanding Personality Types - [October 12 @ 12:00 pm](#)
- Creating Positive Work Environments - [October 27 @ 5:00 pm](#)

Delta Dental offers [webinars](#) addressing good oral health that employees, pensioners, and their family members can attend, regardless of enrollment in a Delta Dental plan.

The Aetna and Delta Dental webinars above will be recorded and posted to the website if you are unable to attend.

Advisor Connection will be holding a Personal Finance Seminar. View the Advisor Connection [flyer](#) to learn more about the event and register to attend.

National Dental Hygiene Awareness Month

Practicing good dental hygiene is more than just having a great smile; it also affects your self-esteem, eating habits, daily performance at work or school, and more importantly, your overall health. It is important to schedule regular visits with your dentist. During these visits your dentist can evaluate your overall health and even determine if you are at risk for chronic conditions.

As we approach fall, we want you to enjoy pumpkin spice novelties, candy, and other goodies. With so many choices at this time of the year, it is good to know that most dentists will recommend eating chocolate candy. Chocolate is found to be easier to eat and tends to not stick to your teeth, whereas sweets that are high in sugar, chewy, or hard candies tend to stay on your teeth longer, which can cause cavities. Here are some helpful tips for good oral hygiene:

- Brush your teeth twice a day
- Floss
- Drink tap water with fluoride
- Avoid tobacco products
- Eat a well-balanced diet



Vegetarian Bean and Cheese Taquitos

Ingredients:

- 1 can of black beans (15oz)
- ½ cup of frozen corn
- 1 cup grated cheese
- 1 teaspoon cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- Corn tortillas



Instructions:

Preheat the oven to 400 degrees. Mix the beans, corn, cheese, cumin, garlic powder and salt in a bowl. Heat up tortillas in the microwave, placing them between damp paper towels to maintain their flexibility. Fill each tortilla with a few tablespoons of the mixture and roll up tightly. If needed, secure with a toothpick. Place taquitos on a baking tray covered with foil. Spritz taquitos with olive oil. Cook until golden brown (10 to 15 minute).

[Recipe from Delta Dental](#)

Hidden Treasures: Go to the Accident and Critical Illness Insurance Page on SBO's website and determine two reasons a lump sum would be paid out. Send your answer to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Judy D. from Red Clay School District!